

**A Healthier You**

**WORKSITE**

**SCHOOL**

**COMMUNITY**

**CAMPUS**

**Legacy Awards**





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This document was provided in part by the Centers for Disease Control and Prevention, through the Utah Department of Health Heart Disease and Stroke Prevention Program, grant numbers 93.991 and 93.945.

This document was provided in part by the Substance Abuse and Mental Health Services Administration, through the Utah Department of Human Services Substance Abuse Prevention/Treatment grant, grant number 93.959.



# Introduction

A Healthier You Legacy Awards Program is a collaborative effort of the Utah Department of Health, Utah Division of Substance Abuse and Mental Health, and community partners. It is a unique program that started as part of the Salt Lake 2002 Olympic Winter Games.

The Program recognizes the efforts of college campuses, communities, schools, and worksites to increase opportunities for their constituents to participate in five health-enhancing areas: healthy behaviors, nutrition, physical activity, preventive services, and safety. A Healthier You Legacy Awards Program, with input from many state and local experts, has developed site specific criteria for policies, infrastructure, and outcomes at bronze, silver, gold and platinum levels.

**The Healthy Campus Award** serves to recognize the achievements of college and university campuses in promoting, protecting, and improving the health and well-being of students through the implementation of science-based environmental and behavioral change strategies.

**The Healthy Community Awards Program** recognizes the outstanding achievements of cities/towns in implementing health-related policies and ensuring healthy community environments that encourage and support residents and public employees in making healthy choices.

**The Gold Medal Schools Awards Program (GMS)** recognizes Utah's schools that create opportunities for students to eat healthy, be active, and stay tobacco-free.

**The Healthy Worksite Awards Program** recognizes the outstanding achievements of businesses in implementing worksite health promotion programs, including on-site policies and work environments that support healthy lifestyles. The Utah Council for Worksite Health Promotion (UCWHP), formerly the Governor's Council on Health and Fitness, administers the awards.



# How To Get Started & Apply For The Awards:

1. Go to the website for details: **[www.health.utah.gov/ahy](http://www.health.utah.gov/ahy)**
2. Review the Award requirements and pick the level that you'll be working towards. Award Levels are:

**Bronze**

**Silver**

**Gold**

**Gold Plus**

3. Identify which criteria you'll be working on (details on website, each group has unique criteria so make sure and print the appropriate form)
4. After completion of award requirements, submit completed application with the handling fee.



# Healthy Campus Award

The awards program serves to promote, protect, and improve the health and well-being of students through implementation of science-based environmental and behavioral change strategies. Partnerships and networking on campuses as well as with community and state organizations enable accomplishment of this mission.

## Award Criteria



**Bronze:** A campus must: 1.) Have a written Healthy Campus Awards Program plan with goals, objectives and outcomes that is updated annually. 2.) Complete 3 policy criteria, 4 infrastructure criteria, and measure 2 outcomes in at least 2 of the 6 health focus areas (General Campus, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity).

**Total: 3 policy 4 infrastructure 2 outcomes**



**Silver:** A campus must: 1.) Maintain Bronze status in policy, infrastructure and outcomes and complete 2 additional policy criteria to include one that is not already in existence, 4 additional infrastructure criteria, and measure 2 additional outcomes in at least four of the six health focus areas (General Campus, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity).

**Total: 4 policy 8 infrastructure 4 outcomes**



**Gold:** A campus must: maintain Silver status in policy, infrastructure and outcomes plus complete 2 more policy criteria to include one that is not already in existence, 5 additional infrastructure criteria, and measure 3 additional outcomes in all six health focus areas (General Campus, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity).

**Total: 6 policy 13 infrastructure 7 outcomes**

## Our Partners:





## Category Definitions

Policy	Infrastructure	Outcomes
Written and monitored campus policies and procedures	Basic facilities, equipment, resources and environmental supports provided in/by the campus	Expected changes that will result from implementation of the program/activity

## Award Criteria Samples\*

Criteria	Policy	Infrastructure	Outcomes
<b>General Campus</b>	Resolution to participate in Healthy Campus Award Program	Campus-wide health/wellness coalition addressing each of the 5 health topic areas	Increase media outreach on campus
<b>Nutrition</b>	Develop and adopt an action plan encouraging healthy food and beverage choices on campus	Offer a variety of healthy food and beverage choices in cafeterias and vending machines	Increase number of students getting 5 servings of fruits and vegetables daily
<b>Safety</b>	Policy that works toward all sidewalks and crosswalks meeting ADA requirements	Existence of bike lanes where appropriate	Increase or maintain number of bike lanes
<b>Preventive Services</b>	Policy that promotes access to immunizations so that students can be current on recommended vaccines	Provide information regarding family planning services  Increase or maintain	percent of students who are covered by health insurance
<b>Physical Activity</b>	Health class/PA requirement for graduation	Bike racks accessible on campus	Increase percentage of students who walk, wheel, or ride a bike for transportation
<b>Healthy Behaviors</b>	Policy to prohibit tobacco and alcohol sponsorships for events or activities	Campus coalition meets to assess and confront substance abuse problems	Participate in statewide Higher Education Health Behavior Survey

*\*For complete criteria visit our web site.*



# Healthy Community Award

The Healthy Community Award Program (HCAP) recognizes the outstanding achievements of cities/towns in implementing health-related policies and ensuring healthy community environments. It acknowledges efforts to encourage public employees and residents to make healthy choices.

## Award Criteria

**B****Bronze**

**Bronze:** A city/town must: complete 3 policy criteria from any of the 6 sections (General Community, Healthy Behaviors, Safety, Preventive Services, Nutrition, and Physical Activity), 3 infrastructure criteria, and measure 2 outcomes.

**Total: 3 policy 3 infrastructure 2 outcomes**

**S****Silver**

**Silver:** A city/town must: maintain Bronze status in policy, infrastructure and outcomes and complete 4 more policy criteria from any of the 6 sections, 4 more infrastructure criteria, and measure 1 more outcome.

**Total: 7 policy 7 infrastructure 3 outcomes**

**G****Gold**

**Gold:** A city/town must: maintain Silver status in policy, infrastructure and outcomes and complete 5 more policy criteria from any of the 6 sections, 5 more infrastructure criteria, and measure 1 more outcome.

**Total: 12 policy 12 infrastructure 4 outcomes**

**P****Platinum**

**Platinum:** A city/town must: maintain Gold status in policy, infrastructure and outcomes and complete 6 more policy criteria from any of the 6 sections, 6 more infrastructures, and measure 1 more outcome.

**Total: 18 policy 18 infrastructure 5 outcomes**

## Our Partners:





## Category Definitions

Policy	Infrastructure	Outcomes
Written & monitored city/town policies, procedures or ordinances	Basic facilities, equipment, resources and environmental supports provided in/by the city/town	Expected changes that will result from the implementation of the program/activity and methods to measure progress*

## Award Criteria Samples\*

Criteria	Policy	Infrastructure	Outcomes
<b>General Community</b>	Resolution to participate in Healthy Community Awards Program (HCAP)	Community-wide health coalition addressing each of the 5 health topic areas	Increase number of hits and unique users to health-related resources on city/town web site
<b>Nutrition</b>	Policy encouraging healthy food and beverage choices	Participating in existing community-wide coalition to address food issues	Increase number of residents using Community Gardens
<b>Safety</b>	Policy encouraging bike-board-blade helmets for all users	Existence of bike lanes	Increase number of bike lanes
<b>Preventive Services</b>	Written plan with long-term objectives for preventive services	Conduct assessment of child and/or adult immunizations status	Increase immunizations rates for city/town employees, residents, or selected populations
<b>Physical Activity</b>	Develop and adopt an action plan addressing increased opportunities for communities	Improve signage and informational materials that promote trails, bike-board-blade parks, etc.	Increase percent of residents who walk or ride a bike for transportation
<b>Healthy Behaviors</b>	Policy requires annual tobacco and alcohol training for store clerks and owners	Community-wide coalition meets to assess and confront substance abuse problems	Increase or maintain number of stores not selling alcohol or tobacco during compliance checks

*\*For complete criteria visit our web site.*





# Healthy School Award

This award program recognizes the outstanding achievements of schools in implementing health-related policies and ensuring healthy school environments. It acknowledges efforts to facilitate and encourage staff and student health. The program creates opportunities for students to eat healthy, be active, and stay tobacco free.

## Award Criteria

**B****Bronze**

**Bronze:** Must complete the following six criteria: 90 minutes of structured physical activity each week, teach the State Office of Education Nutrition Curriculum, walk the Gold Medal Mile, write and enforce Safe and Active Routes to School policy and Tobacco policy, and complete Heart Health Survey.

**S****Silver**

**Silver:** Must complete the Bronze and the three following Silver criteria: PTA/PTO coordinate one health related event per year, implement staff and wellness activities, and offer a variety of competitive and non-competitive physical activity programs. Three additional criteria must be completed.

**G****Gold**

**Gold:** Must complete the Bronze, Silver and the following three Gold criteria: all Pre K-12 physical education courses be overseen by a PE specialist, no food rewards, and complete four of the nine options from the Changing the Scene Program. Two additional criteria must be completed.

**P****Platinum**

**Platinum:** Must complete the Bronze, Silver, Gold and the five following Platinum criteria: Strengthen school community council, Healthy choices @ school events vending machines school stores, fundraisers, and other venues, Staff/faculty wellness program, Involve families communities, Recess before lunch or adequate eating time



For more information about Gold Medal Schools please visit [www.hearthishighway.org/gms](http://www.hearthishighway.org/gms).

## Our Partners:





## Category Definitions

Policy	Infrastructure	Outcomes
Written and monitored school policies, procedures or ordinances	Basic facilities, equipment, resources and environmental supports provided in/by the school	Expected changes that will result from the implementation of the program/activity

## Award Criteria Samples\*

Criteria	Policy	Infrastructure	Outcomes
Nutrition	Policy that food is not to be used as a reward or punishment for students	Participates as a team nutrition school	Create healthy environment for students, faculty and staff
Safety	Policy for Safe Routes to school	Participates in Walk Your Child to School Day	Parents, students, and school employees will be aware of and utilize the "Safe Routes" map
Preventive Services	School Immunization policies/performance	PTA/PTO coordinates one health-related event per year that includes parents and teachers	Each school will meet the state requirements for immunizations
Physical Activity	Teaches SOE PE Core Curriculum, including 90 minutes of physical activity per student per week	Has a Gold Medal Mile Track and goal for each student to walk at least one mile a week	A baseline assessment is conducted to determine policy and environmental supports
Healthy Behaviors	Methods to ensure awareness and compliance with tobacco policy	Has signs and decals to declare school tobacco free zones	Signs will communicate the no tobacco policy on school grounds to students, employees, parents and visitors

*\*For complete criteria visit our web site.*



# Healthy Worksite Award

This award program recognizes the outstanding achievements of businesses in implementing employee health promotion and wellness programs. It acknowledges efforts to facilitate and encourage employee health, enhance productivity, and ensure healthy work environments.

## Award Criteria

**Bronze**

**Bronze:** Must have a health promotion program with employee health and wellness as the underlying goal. Complete **one** item in each criteria section (General Worksite, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity). **One** of the accomplishments must be in the policy category.

**Silver**

**Silver:** Program must be available to all employees. Program must have a budget. Complete **2** additional items in each section (General Worksite, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity), including **one** in the policy category and **one** in the infrastructure category.

**Gold**

**Gold:** Program must be available to all employees and spouses. Program must have a mission statement and a budget. Must complete **3** activities in each section (General Worksite, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity). At least **one** accomplishment must be under policy, **one** under infrastructure, and **one** under the outcome categories.

**Platinum**

**Platinum:** Program must be in operation a minimum of 5 years, is available to all employees and spouses, and have a mission statement and a budget. Complete **4** activities in each section (General Worksite, Healthy Behaviors, Nutrition, Safety, Preventive Services, and Physical Activity). There must be at least **two** accomplishments under policy, **two** under infrastructure, and **two** under the outcome categories.

## Our Partners:





## Category Definitions

Policy	Infrastructure	Outcomes
Written and monitored company policies, procedures and environmental supports	Basic facilities, equipment, resources and environmental supports provided in/by the company	Expected changes that will result from implementation of the program/activity

## Award Criteria Samples\*

Criteria	Policy	Infrastructure	Outcomes
<b>General Worksite</b>	Mission Statement	Wellness Committee (made up of representatives of each dept. in the company)	Use a Health Risk Appraisal or other health tool to measure the status of employees
<b>Nutrition</b>	Written policy on offering healthy food and beverage choices in cafeterias, etc.	Promotes heart-healthy messages (nutritious eating, etc.) to employees  Behavior change as	measured by employee survey (i.e., increased fruit and vegetable consumption)
<b>Safety</b>	Seat belt use policies for driving or riding in company-owned vehicles	Seat belt/helmet signage in parking lots	Behavior change as measured by employee survey (i.e., increased safety belt usage)
<b>Preventive Services</b>	Recommended prevention services costs are covered by company or insurance provider	Provided and promotes to employees information on medical self-care	Behavior change: Employees receive recommended screenings
<b>Physical Activity</b>	Physical activity time release policy (i.e. flextime or an adjusted work schedule to exercise)	Promotes stair usage	Behavior change as measured by employee survey (i.e., increased physical activity levels)
<b>Healthy Behaviors</b>	Written policy on a smoke-free working environment	Provides Employee Assistance Programs (EAP's)	Behavior Change as measured by employee survey (i.e., tobacco use decrease by employees)

*\*For complete criteria visit our web site.*

## Notes:



[www.health.utah.gov/ahy](http://www.health.utah.gov/ahy)